

MumMoodBooster - Windows Internet Explorer

https://www.mummoodbooster.com/sessions/sess_3_choose.jsp

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Page Safety Tools


My Workbook

Now type your pleasant activities in the list using the four major headings. You can also click the **List>** button to the right side of each blank line to see ideas that can help get you started.

You may find some headings easier than others. This is normal but we encourage you to choose from all headings if you possibly can.

My Pleasant Activities List [Print](#) [?](#)

With Baby



1 [List >](#)


2 [List >](#)

3 [List >](#)

4 [List >](#)

5 [List >](#)

By Myself



1 [List >](#)

2 [List >](#)

3 [List >](#)

4 [List >](#)

5 [List >](#)

With Friends / Family



1 [List >](#)

2 [List >](#)

3 [List >](#)

4 [List >](#)

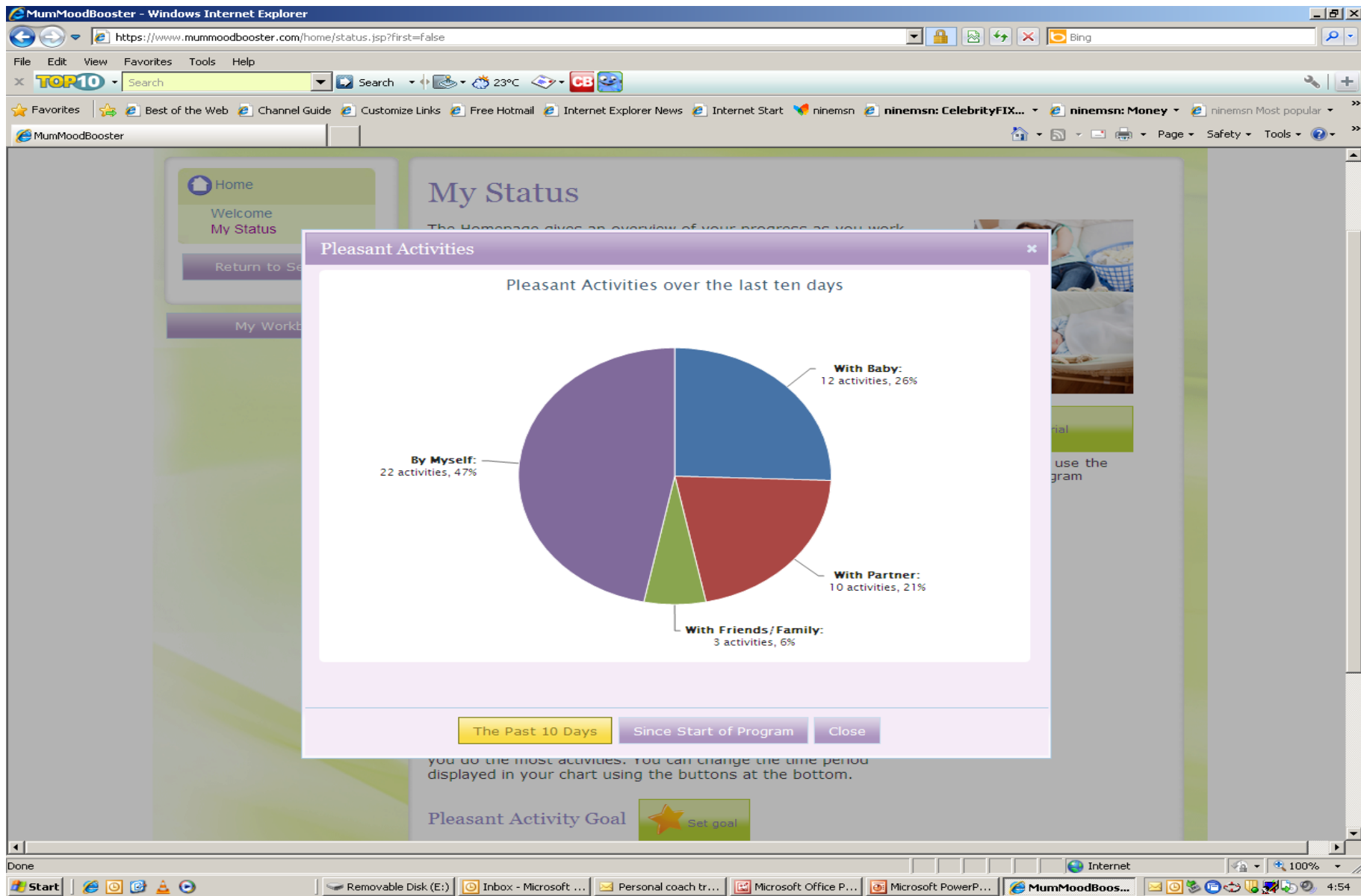
5 [List >](#)

More Fun Activities

[Tutorial](#)

Choosing pleasant activities

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MumMoodBooster

My C...
Sleep &...
Managin...
Your Bal...
Managin...
You & Y...

Your mood can get worse by spiraling downward or it can get better by spiraling upward.

Downward Mood Spiral
A downward spiral is when we do things that make us feel worse and worse. You learned how to catch yourself before you react automatically and end up falling into a downward mood spiral. The goal is to interrupt this pattern so you can choose how you want to react.

Upward Mood Spiral
Focusing more on positive thoughts and doing pleasant activities can help you stop a downward mood spiral and actually improve your chances to have an upward mood spiral. This can lead you to feel better about yourself, your baby, your partner, and the things around you.

- My Downward Mood Spiral
- Managing My Stress & Anxiety
- Increasing My Pleasant Activities
- Managing My Negative Thoughts
- Increasing My Positive Thoughts
- Strategies for Planning Ahead
- Personal Progress

Print Close

being book
port baby.
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NEXT

Done

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